

Love Around the World

Valentine's Day is celebrated across the globe, and many countries have unique holiday traditions.

Germany: Heart-shaped gingerbread cookies with romantic messages written in icing are popular valentine gifts among German couples.

South Korea:

Women give chocolate to men on Valentine's Day, then the gesture is returned on White Day, March 14, when men are the gift-givers. Single friends get together on Black Day, April 14, and dine on bowls of noodles covered with a black bean sauce.



Mexico: The holiday is known as the Day of Love and Friendship in this country, where friends as well as romantic partners gift each other candy, flowers, balloons and stuffed animals.

South Africa: The expression "wear your heart on your sleeve" is fitting for South African women, who pin the name of their love interest to their shirtsleeve for the day.

Peru: Orchids are the flower of choice for valentines here, since they are native to this South American nation.

Philippines: Hundreds of couples in this Asian country tie the knot in mass wedding ceremonies on Feb. 14.

Self-Care for Seniors

Now a popular concept, practicing self-care means giving yourself the attention you need to take care of your physical and emotional health. Show yourself some love with these simple self-care habits:



Take a walk — Simply stepping away for a few moments can help clear your mind, as well as provide exercise. Walking with a friend has social benefits, too.

Treat your hands and feet — We use our hands and feet every day, so we need to take care of them. Getting manicures, pedicures and hand massages and using moisturizing lotions will help you feel pampered and relaxed.

Make time for hobbies — If you like to read, draw, crochet, sing or play cards, celebrate it! Whatever you enjoy doing, join a club, attend a class or devote time every week to your favorite pastimes.

Eat well — In addition to eating balanced, nutritious meals, choose desserts and occasional treats that you really love. Without overindulging, savor the experience of eating them, so they are special.

Keep your health a priority — Going to the doctor and dentist or having items such as a walker or hearing aids checked may seem like routine tasks, but think of them as vital self-care habits.

The Lewisville Estates Lifestyle

Independent Living
800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • www.lewisvilleseniorliving.com

FEBRUARY 2020

Dear Residents, Families and Friends

We are spreading the love here at Lewisville Estates as February is a special month filled with celebrating with families, friends and that special someone. Come and join us during our main event, Murder at the Mardi Gras, on Thursday, Feb. 20, in our Dining Room, at 5:30 p.m. Also this month, we will be having events that include a Super Bowl Sunday Celebration, fun Happy Hours and a special Valentine's Day Social. Our outings this month include a trip to Winstar Casino, lunch at Babe's Chicken, and lunch at Braum's. Please don't forget to check your calendar for all the exciting things happening this month!

I hope this month brings you warm memories and lots of love as we try to stay warm by the fire during this cold weather month.

Happy Valentine's Day!

Erin Montgomery,
Executive Director



Arts and Crafts

Come and join us every Tuesday for a fun class of Arts and Crafts.



INDEPENDENT LIVING

FEBRUARY 2020

Locations

AL Parking Lot, ALPL Bistro, B
Community Room, CR
Dining Room, DR
Dog Park, DG
Fitness Room, F
Flagpole, FP
Garden, G
Library, LL
Lobby, L
Outing, O
Route 66, R66
Theater, TH

Birthdays

Patty Skinner, 2nd (Employee)
Ralph Watkins, 2nd
Miguel Banales, 4th (Employee)
Vivian Dunn, 5th
Evelyn Schuler, 6th
Freda Doyle, 9th
Jane Rosser, 11th
Elizabeth "Betty" Davis, 12th
Vernon Lambert, 12th
Rose Tucker, 15th
Marilyn Murphy, 17th
Charles Perutelli, 19th
Dolores Casal, 22nd
Ann Smith, 22nd

Transportation Schedule

Monday, 10 a.m.
Grocery Stores

Tuesday, 10 a.m.
Walmart

Wednesday, 10 a.m.
Post Office/Bank

Thursday, 10 a.m.
Walmart

Thursday, 2:30 p.m.
Misc. Errands

Friday, 9:30 a.m.
Express Errands

Friday, TBA
Field Trips/Outing

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Groundhog Day 2 Super Bowl LIV 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 3:00 Super Bowl Sunday Social, R66 6:00 Chicken Foot 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 3 10:00 Coffee & Snacks Monday Social, L 10:00 Dollar Tree, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 4:00 Heart Toss Game, B 6:00 Hand & Foot Card Game, B	9:30 Chair Zumba Class w/Patty, CR 4 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Art Expression, CR 6:00 Hand & Foot Card Game, B	9:00 Out to Winstar Casino, O 5 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:30 Outburst Game w/Erin, B 6:00 Nickel (Card Game), B 6:45 Movie Night w/a Friend, TH	National Sweater Day 6 9:30 Balance Class w/Legacy, CR 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:30 Misc. Errands, O 3:30 Hot Chocolate and Marshmallows, B 6:00 Mexican Train, LL	Wear Red Day 7 9:30 Express Errands, O 10:00 Current Events Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 Let's Go Red for Women Happy Hour, L 6:00 Hand & Foot Card Game, B	9:30 Walking Warriors 1 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Movies and Popcorn, TH 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B
8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:00 Chicken Foot 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 10 10:00 Coffee & Snacks Monday Social, L 10:00 Big Lots, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 4:00 Ring Toss Game 6:00 Hand & Foot Card Game, B	9:30 Chair Zumba Class w/Patty, CR 11 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Town Hall Meeting, CR 3:15 All You Need Is Love Social w/Sunshine, B 6:00 Hand & Foot Card Game, B	9:30 Exercise w/Jacque of A.R.T., CR 12 10:00 Post Office/Bank, O 10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:15 Valentine's Day w/Legacy 6:00 Nickel (Card Game), B 6:45 Movie Night w/a Friend, TH	9:30 Balance Class w/Legacy, CR 13 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Busy Hand Club, R66 2:30 Misc. Errands, O 3:30 Xoxo Social w/Jacque, L 6:00 Mexican Train, LL	VALENTINE'S DAY 14 9:30 Express Errands, O 10:00 Current Events Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 11:00 Out to Babe's Chicken, O 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 Love Is in the Air Happy Hour, L 6:00 Hand & Foot Card Game, B	9:30 Walking Warriors 15 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Movies and Popcorn, TH 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B
8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:00 Chicken Foot 6:30 Resident Card Games, B	PRESIDENTS DAY 17 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Dollar Tree, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 3:30 Giant Crossword Puzzle 6:00 Hand & Foot Card Game, B	Drink Wine Day 18 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Art Expression and Wine Social, CR 6:00 Hand & Foot Card Game, B	9:30 Exercise w/Jacque of A.R.T., CR 19 10:00 Post Office/Bank, O 10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:30 Book Club, LL 3:30 Nutrition Health Talk: Fats & Cholesterol, B 6:00 Nickel (Card Game), B 6:45 Movie Night w/a Friend, TH	9:30 Balance Class w/Legacy, CR 20 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:30 Misc. Errands, O 3:00 Senior Fraud Presentation w/Officer Hopper, B 5:30 Murder at Mardi Gras (Main Event), DR 6:00 Mexican Train, LL	9:30 Express Errands, O 21 10:00 Current Events Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 Margarita Time During Happy Hour, L 6:00 Hand & Foot Card Game, B	9:30 Walking Warriors 22 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Movies and Popcorn, TH 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B
8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:00 Chicken Foot 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 24 10:00 Coffee & Snacks Monday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 6:00 Hand & Foot Card Game, B	Mardi Gras Day 25 9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:00 Art Expression, B 3:30 Mardi Gras and Kings Cake Social, B 6:00 Hand & Foot Card Game, B	ASH WEDNESDAY 26 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Word of the Day, Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:30 Social Hour w/Jason, B 6:00 Nickel (Card Game), B 6:45 Movie Night w/a Friend, TH	9:30 Balance Class w/Legacy, CR 27 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Busy Hand Club, R66 2:30 Misc. Errands, O 3:00 Activity Meeting and Chili w/Patty, B 6:00 Mexican Train, LL	9:30 Express Errands, O 28 10:00 Current Events Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 11:00 Out to Braum's, O 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 Birthday Bash, L 6:00 Hand & Foot Card Game, B	Girl Scout Cookie Weekend 29 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Movies and Popcorn, TH 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B